

# How can we protect ourselves from the pandemic flu?

Knowledge is our strongest defence.



We should wash our hands with soap for at least 20 seconds very frequently.



We should not touch our eyes, nose and mouth with our hands.



When coughing and sneezing we should always use a paper handkerchief and throw it in the nearest bin.



We should avoid close contact with people who show signs of disease.



If we notice that we have the pandemic flu symptoms, we have to stay at home and call our doctor.

More information  
on pandemic flu on  
[WWW.USTAVIMO-GRIPO.SI](http://WWW.USTAVIMO-GRIPO.SI)

Or free phone number  
**080 42 00**

**Pandemic flu** caused by the influenza A (H1N1)v virus is an acute respiratory infection, which spreads among people by infected droplets that emerge at coughing, sneezing and talking; direct contact with an infected person (e. g. kissing, hugging); touching contaminated surfaces and objects (tableware, glasses, door handles, phone receivers etc.).

**The symptoms are:** fever, chills, dry cough, sore throat, runny or stuffy nose, body aches, headache, fatigue, vomiting, diarrhoea.

**LET'S STOP  
THE FLU!**